

## ABSTRACT

A tape adapted to absorb and/or regulate vibration preferably includes a multi-layer material that may include a first elastomeric layer of vibration absorbing material which is substantially free of voids therein. A second elastomeric layer includes an aramid material therein and is disposed on the first elastomeric layer. The aramid material distributes vibration to facilitate vibration dampening. A third elastomeric layer disposed on the second elastomeric layer.